

## **ABSTRACT**

Methods are provided for readily and efficiently determining resonant frequencies that can be used therapeutically or beneficially, for debilitation of specific types of genomic materials, including DNA and/or RNA, genes, and gene sections. The methods can be used in a variety of circumstances related to various human and animal diseases and conditions. Methods allow determination of therapeutic resonant frequencies for use in various media having different refractivities. Therapeutic or beneficial resonance frequencies thus determined are adapted for use with currently available frequency-emitting devices by shifting resonant frequencies to electromagnetic ranges capable of generation by such devices.